

ANNUAL REPORT 2015



**The British
Psychological Society**

Promoting excellence in psychology

www.bps.org.uk

“*Our Society continues to grow in membership and the number of renewals is especially encouraging. We are ever mindful of the need to offer our members something of value and purpose*”

Cover: The Society's Royal Charter which you can see at our London Office.

Photo: Tony Dale Photography.

Other images: Tony Dale Photography and the British Psychological Society.



2015 has been another momentous year in the history of our Society as we have passed a number of especially significant landmarks on our continuing journey.

At our Annual Conference in Liverpool we marked the 50th anniversary of the award of our Royal Charter by Her Majesty the Queen. Later in the year, in September, we sent our loyal greetings to the Queen as she

relevance to the development of children and young people.

Professor Paul Webley became a CBE for services to higher education, and Professors Jan Burns and Susan Hallam were awarded MBEs in the New Year's Honours for services to people with intellectual disability and to music education respectively.

In the Queen's Birthday list, Professor Vicki Bruce was made a Dame for services to higher education and psychology, Emeritus Professor Roy McConkey received a CBE for services to people with developmental

Welcome

became the longest-reigning monarch in British history and in December our Division of Clinical Psychology (DCP) ended the year by celebrating its own 50th anniversary too.

We also welcomed our 50,000th member, George Kitsaras. Our Society continues to grow in membership and the number of renewals is especially encouraging. We are ever mindful of the need to offer our members something of value and purpose.

Our members achieve great things too. Professor Peter Fonagy was awarded the British Academy's Wiley Psychology Prize for outstanding achievement in psychology, while Professor Sarah-Jane Blakemore won the Klaus J. Jacobs Prize for scientific work of high social

and intellectual difficulties. Dr Susanne McGowan was made OBE for services to armed forces personnel, Dr Janet Carr received the same award for services to people with Down's syndrome and their families and Emma Cravitz received an MBE for services to children and families, particularly in London.

Finally, many of our member networks had something to celebrate. As well as the DCP celebrations, the Special Group in Coaching Psychology and the Qualitative Methods in Psychology Section both marked their first decade.

So, a great anniversary year all round.

**Professor Jamie
Hacker Hughes**
President

Early in 2015 George Kitsaras, an assistant psychologist with the Royal Berkshire NHS Foundation Trust, became our 50,000th member. By doing so he won himself a year's Society membership and free registration at our 2015 Annual Conference.

George joined the Society soon after arriving in the UK to study for an MSc in clinical psychology at Reading. He told us:

'I was aware of the importance of the BPS before coming to the UK.

One reason for this steady growth is the widening range of benefits that joining the Society now brings.

Membership allows you to strengthen your professional identity or further your scientific interests through our member networks. It also gives access to careers advice and to our *Psychologist Appointments*, while independent practitioners are supported through an online forum.

The Professional Development Centre (PDC) organises many Society conferences and members can

Psychological Testing Centre provides free reviews of psychometric tests.

When it comes to books, members receive a discount of 35 per cent on books from BPS Blackwell, of 20 per cent on selected titles from Oxford University Press and discounts on other publications via the BPS Shop.

Society membership gives access to a range of benefits through the Wider Wallet scheme. These include discounts at high-street stores and special offers on things like travel and family outings.

50,000th

Joining was my first goal after my graduation back in Greece because many of my colleagues highly recommended it.'

Society membership has risen year by year since the early 1990s, when it stood at just over 10,000. Our 2015–20 Strategic Plan set targets for an increase in membership at various grades and so far all have been exceeded.

So overall Society membership is up 12.7 per cent since January 2014 (against a target of 10 per cent), Society subscribers up 29 per cent (against 25 per cent) and student membership up by 102 per cent (against 50 per cent).

attend these at reduced rates. The PDC offers members discounts on its CPD courses, while the myCPD system allows you to plan and record your own development. It is possible to arrange insurance and standard and enhanced record checks via the Society at competitive rates.

Members have free online access to the Society's academic journals, selected Wiley-Blackwell journals and EBSCO's Psychology and Behavioural Sciences Collection. They also get a free subscription to the Society's monthly magazine *The Psychologist*. Membership brings access to Europe's largest psychology library at Senate House in London, while our

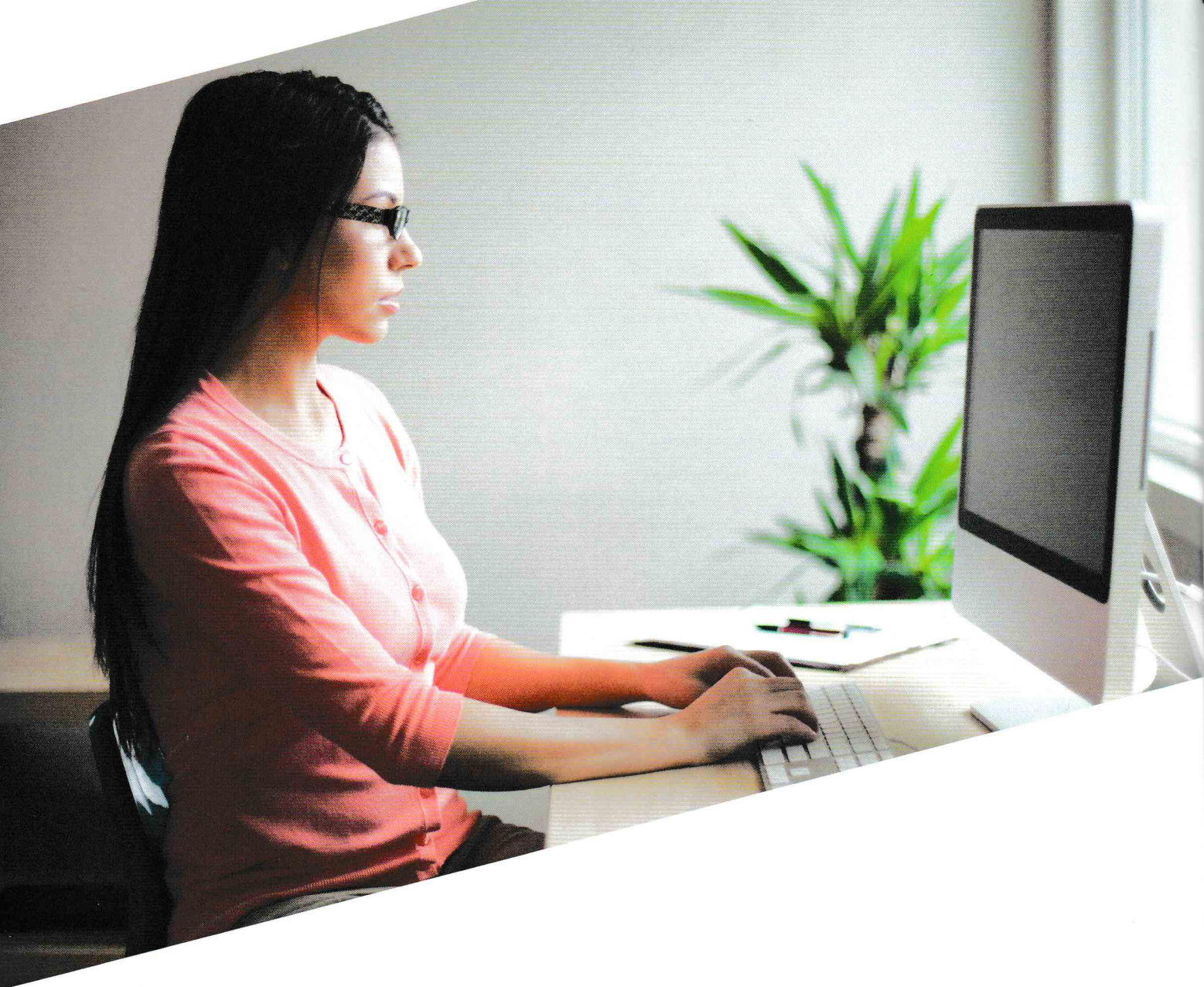
Finally, your membership helps the development of the discipline and profession as well as helping the Society influence public policy. You can help us further these ambitions by joining a committee or taking part in consultations.

Join the Society:
www.bps.org.uk/membership

Right: George Kitsaras receives a commemorative certificate from our 2014–15 President Professor Dorothy Miell.

Member





Discovery Service

As part of our commitment to providing research resources to members and adding value to their membership, the Society launched an exciting new initiative at the start of 2015.

Thanks to a partnership with EBSCO we were able to give members free access to the BPS Discovery Service.

The Discovery Service offers access, through a single search, to an enormous range of resources. As well as 11 BPS journals, 32 selected Wiley journals, and more than 500 titles in EBSCO's Psychology and Behavioral Sciences Collection, it searches a wealth of publishers' metadata and open-access material.

These sources include:

- open-access journals databases;
- subject and institutional repositories;
- many premium psychology publishers, including Elsevier, Taylor & Francis, Springer and Emerald;
- academic catalogues, including Science Direct, ERIC and JSTOR;
- other online sources – biographies, ebooks, conference proceedings, images, magazines, newspapers, videos and much more.

Search results are ranked according to relevancy and deliver immediate access to full-text content directly from the results list wherever possible.

Our Discovery Service is available only to Society members. You can access it via the existing PsychSource gateway.

Professor Dorothy Miell, President of the Society when Discovery Service was launched, said:

'This new service brings together the major journal collections that the Society provides free of charge to its members. Instead of separate searches, a single search is now all that's needed. Add to that the large quantity of other resources available through BPS Discovery Service, and this service gives impressive and useful online access.'

Psychsource:

www.bps.org.uk/psychsource

10 years of the Digest

For a decade the Society's Research Digest blog has been sharing the latest peer-reviewed research with a growing international audience. Its daily posts show, in an approachable style, how fascinating and useful psychological science can be, while also casting a critical eye over the methods used.

In its 10th year as a blog (the Research Digest began life as an email bulletin in 2003) the Digest averaged over 400,000 page views a month and its new PsychCrunch podcast topped the iTunes social sciences chart.

The Research Digest is written by its founding editor Dr Christian Jarrett

and contributing writer Dr Alex Fradera. PsychCrunch is produced by Dr Lorna Stewart.

For its birthday celebrations the Digest brought together 130 people, including many researchers and bloggers who have contributed to or have been discussed on it, for an evening of 'Psychology heaven and hell'. The event was supported by Psychology Press.

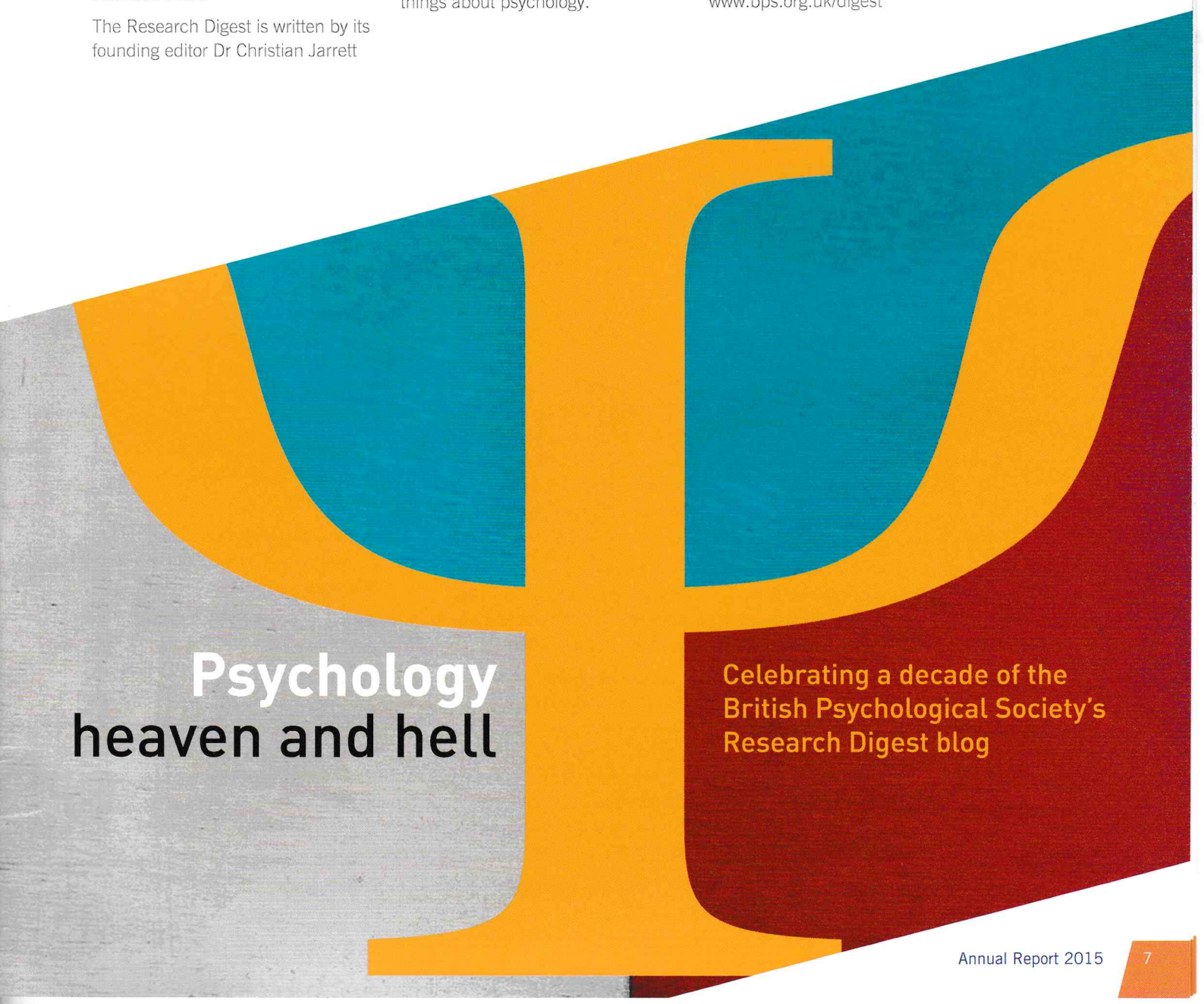
The evening's guest speakers were Professor Uta Frith and Professor Andy Field who shared their experiences of the best and worst things about psychology.

For Uta Frith, heaven was refuting such folk psychology as the blaming of parents, while for Andy Field hell was null hypothesis significance testing.

Christian Jarrett reflected on the highs and lows of 10 years of editing, including the pleasure of seeing Digest items spread around the world's media and the frustration of internet trolls. He also paid tribute to the hard work and creativity of psychological scientists. 'Without psychology researchers,' he said, 'there would be no Research Digest.'


Research Digest:

www.bps.org.uk/digest



**Psychology
heaven and hell**

**Celebrating a decade of the
British Psychological Society's
Research Digest blog**



the Royal

The Royal Charter, with its accompanying Statutes and Rules, is the governing document of the Society from which our aims and objectives are derived.

Study it today and you will find that the roles of our Trustees and Boards and even the differences between the various membership grades and member networks are all set down there.

We were granted our Royal Charter on 3 May 1965, which meant that 2015 saw its 50th anniversary.

That occasion was marked at the start of the year by the sending of a letter of Loyal Greeting to the Queen on behalf of the Society by our President Professor Dorothy Miell. She said at the time:

'This is a significant anniversary in the Society's 114-year history. As BPS President I am pleased to write to the Queen about some of our recent achievements. This is a formal way of acknowledging the occasion on the actual date of the anniversary.'

Her letter set out some of the milestone achievements of the Society under the objectives derived from the Royal Charter.

The worldwide readership of the Society's 11 journals, our award-winning Research Digest blog and the training, conferences and other CPD opportunities organised by our Professional Development Centre and our public engagement work were among those highlighted.

The British Psychological Society

was founded in 1901 and was first incorporated under the Companies Act in 1929.

In 1952 the Society set up a Charter Committee to look into the possibility of applying for a Royal Charter.

A report on its work in the *BPS Bulletin* (the precursor of *The Psychologist*) for May 1953 concluded: 'Only two methods of incorporation are worth considering: a Royal Charter and an Act of Parliament.' The latter option is disregarded because of the difficulty and expense of securing amendments to the objects and powers of the Society.

50 years of Charter



Psychology in the media

The Society's communications team worked through the year to promote our activities and try to ensure that psychological science was represented in the media.

Our Annual Conference in Birmingham saw one of the keynote speakers – Professor Sir Cary Cooper on long working hours and low productivity – reported on the front page of *The Times*. Other presentations from the event were covered by Claudia Hammond on BBC Radio 4's *All in the Mind*.

The newspapers proved to be particularly interested in several papers on social media and in a study of the way that our idea of

what makes us happy has changed over the past 80 years.

Among the BPS journal articles that won coverage through the year were two from the *British Journal of Psychology*. One looked at the way a supportive close friendship helps boys and girls overcome adversity, the other at how poor we are at choosing a good photographic likeness of ourselves.

We also cooperated with university press offices in the issuing of journal press releases, such as one with the University of York on the possibility that word recognition tests may be the key to early diagnosis of Alzheimer's disease.

The team also helped to promote the conferences of our member networks and their publications. The Division of Clinical Psychology's *Psychological Perspective on Hoarding* was widely covered by BBC Radio in particular.

Society statements, such as the call for reform of the Work Capability Assessment, were promoted throughout the year and a new Presidential blog was launched. A second tranche of audio interviews with the winners of Society awards was recorded for our website.

Press Centre:

www.bps.org.uk/presscentre

HoPC symposium

The history of clinical psychology was the theme of the annual Stories of Psychology event organised by our History of Psychology Centre.

Four distinguished members of the profession – Bill Yule, Jennifer Clegg, Anne Richardson and Bob Woods gave papers. The audience was pretty distinguished too: Peter Mittler, the subject of one of the presentations, was there to hear his work discussed.

Dr Saima Lofgren (**below**) brought us up to date with a talk on the emergence of cultural concerns in clinical psychology.

Stories of Psychology took place at the University of London's Senate House. A Hollywood film crew was

very much in evidence in front of the building and there were rumours that Brad Pitt was somewhere inside.

During the year the Centre published the first history of the profession of clinical psychology in Britain. It was launched at the annual conference of the Division of Clinical Psychology.

Clinical Psychology in Britain: Historical Perspectives was edited by John Hall, David Pilgrim and Graham Turpin. Written by clinical psychologists, academic psychologists and historians, it identifies key transitions in the work and thinking of clinical

psychologists. It discusses British clinical psychology in relation to wider fields of research and practice in applied psychology in healthcare.

John Hall writes: 'We are still just in reach of living memories of the earliest years of the National Health Service through the recollection of those who worked directly with the leading figures of the profession in those days. The book benefits from their insights in many ways.'

History of Psychology Centre:
www.bps.org.uk/hopc





Annual

The Society's Annual Conference took place in May at the Arena and Convention Centre, Liverpool. More than 500 psychologists visited over

'The conference met and surpassed my expectations. I was inspired by the presentations, enjoyed talking to all the lovely psychologists and enjoyed the gala dinner.'

the three days of the event, enjoying the dramatic views across the Mersey to the Wirral as well as a packed academic programme.

There were four themes this year: behaviour change; culture and identity; disaster, trauma and crisis; and the social brain. The organisers accepted 168 of the 240 submissions they received, including 65 oral papers and 83 posters.

The conference featured four keynote speakers. Professor Sarah-Jayne Blakemore opened the conference, talking about 'The social

brain in adolescence'. She argued that adolescence is a distinct biological period which

presents itself across cultures and in every one of us, and that fMRI and MRI data have taken us far closer to understanding the neuroscience behind typical adolescent behaviour.

Professor Sir Cary Cooper spoke on 'Gross National Wellbeing: Enhancing mental capital and

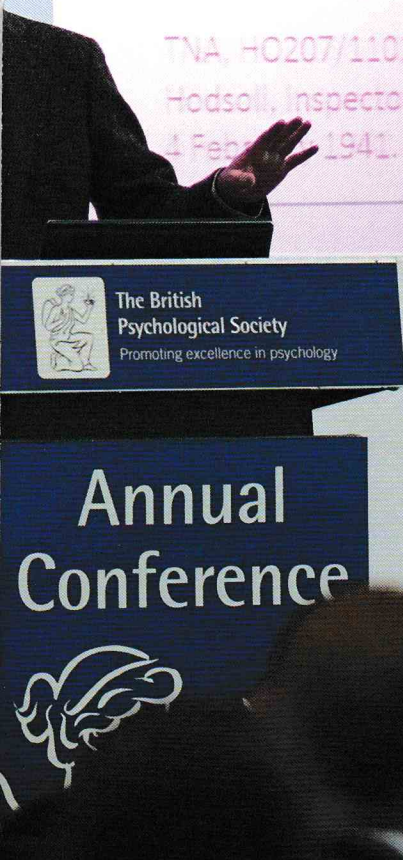
wellbeing at work'. Britons work the longest hours Monday to Friday in the developed world, he told the conference, yet according to ONS figures, we have the second-lowest rate of productivity out of the G7 nations.

Our third keynote was Professor Richard Crisp. He spoke on 'Adapting to diversity,' explaining that exposure to diversity is good

'It was my first BPS conference and it exceeded my expectations. As an undergraduate student I thought I may be overwhelmed but I was welcomed wholeheartedly.'

for our minds – expose people to situations that confound stereotypes and they will be more creative

Conference 2015



The British
Psychological Society
Promoting excellence in psychology

Annual
Conference

afterwards. The trouble, he said, is that the pattern-seeking social mind does not want diversity.

Professor Edgar Jones (**above**) addressed the conference on 'Air-raids, terrorism and the crowd: Citizens at war.' He examined the extent to which what we think we know about citizen responses to air raids in the Second World War is a myth and how much the reality tells us about mental health. Professor Jones suggested that engaging with

the defence of the country by volunteering with the fire service, police and Home Guard may have offered people a sense of control that was psychologically useful.

On the last afternoon of the conference, which was also general election day, those attending were invited to visit Madlove in Liverpool city centre. This participatory installation

was created by the artist Jamie Leadbitter and supported by a public engagement grant from the Society.

Working with others

The Society works with many other organisations on projects of mutual interest. A good example in 2015 was the Accreditation Programme for Psychological Therapies Services (APPTS), which recognised its first cohort of 10 services.

Developed through a partnership between the British Psychological Society and the Royal College of Psychiatrists' Centre for Quality Improvement, APPTS works with services in the UK to assure and improve their quality.

Both NHS and private services, whether they participate in the Improving Access to Psychological

Therapies (IAPT) programme or not, are eligible for accreditation.

The scope, standards and evaluation methods of the programme were developed in partnership with therapists' professional organisations, national charities, the national IAPT team, service leads, practising therapists and service users.

APPTS takes psychological therapies services through a process of self and peer review to assess how they are performing against agreed quality standards.

Thirteen services signed up to be part of the first accreditation cohort and 10 completed the full cycle.

A lot of complimentary comments about the documentation and support from the project team emerged from the evaluation of the first year of APPTS. Services were also positive about the peer review visit:

'The feedback we received was constructive and non-judgemental and was well received by our team.'

The main benefits of participating were seen to be obtaining a stamp of approval, help with future commissioning and raising the profile of the service. The biggest challenge was the time spent on the self-review, so steps have been taken to reduce this.

Communicating with members

The continuing rise of social media means that there are now many ways of getting information from the Society beyond our website and *The Psychologist*.

Our monthly Member Update is sent out electronically to all members who have given us an email address. (If you have not done so already you can do it via your membership record on the Society website.) It can also be found on the Society website as a blog.

Each issue carries a topical message from the President as well as news of Society awards, publications and events. A typical item will have a link

to our website so you can click through for further information.

We also produce a regular briefing for chairs of member networks so information can be cascaded through that route too.

The Society has a substantial presence on social media. By the end of 2015 our Facebook page had received 194,666 likes, while our Twitter account had 36,254 followers. The Facebook page in particular has a wide readership among students.

Both accounts offer the latest news on the Society and links to stories with psychological interest from other

sources. As well as providing interesting content, this helps draw in new readers who may go on to become Society members.

You may also want to explore the Society's YouTube channel, which now features a wide selection of videos. It is particularly strong on careers in psychology and keynote addresses from member network conferences.

Twitter: twitter.com/BPSOfficial

Facebook: www.facebook.com/OfficialBPS

Youtube: www.youtube.com/user/bpsmediacentre

The Psychologist at Latitude

For the first time our monthly magazine made an appearance at a major UK festival. 'The Psychologist and Wellcome Trust presents...' slot at the Latitude Festival paired psychologist Professor Sarah-Jayne Blakemore with author Fiona Neill for a discussion hosted by the editor Dr Jon Sutton under the title 'Being young never gets old – Teenagers debunked'.

Some suggest the idea of a 'teenager' is a recent, socially constructed one. But, quoting Shakespeare, Sarah-Jayne Blakemore argued that it is long established and that there are good reasons why teenagers behave the way they do.

She told the audience that the work of adolescence is to become

independent from your family and parents, and to affiliate with your friends and peer group.

Professor Blakemore said that though the neuroscience underlying this process is an emerging field, the social psychology behind it is well understood:

'I often get asked why very intelligent teenagers take up smoking. If you think about when they do that, it shines a more rational light on it. Normally it's when they're with their friends. What is the more risky decision, saying yes to a cigarette when she knows, as all teenage girls do, that smoking carries a significant

health risk, or saying no and potentially ostracising herself from her peer group by not smoking with them?'

The packed session was well received, with some good questions from the audience. *The Psychologist* hopes it will be the first of many appearances on the festival scene.

Read a transcript:

<http://thepsychologist.bps.org.uk/teenagers-debunked>

Below: Sarah-Jayne Blakemore, Fiona Neill (speaking) and Jon Sutton at the festival



At the start of the year the Society was one of 14 organisations to sign a Memorandum of Understanding on Conversion Therapy. This recognised that efforts to change or alter sexual orientation through psychological therapies are unethical and potentially harmful.

In June we issued a briefing paper backing our call for the government to commission an end-to-end redesign of the Work Capability Assessment (WCA) process. It cited a growing body of evidence that

of understanding of the impact of neurodisabilities. The paper called for better and earlier screening, assessment and intervention.

We held a debate on palliative and end-of-life care at our Annual Conference in Birmingham. The panel included Professor Baroness Findlay of Llandaff, three senior psychologists and the director of policy from the National Council for Palliative Care.

The event received excellent feedback from an invited audience

Throughout the year we held meetings with ministers, assembly members and parliamentarians to highlight Society priority areas across the four UK nations. Our position papers and reports were disseminated to them and to senior civil servants and partner organisations. We held a series of bilateral meetings with ministers during the main political party conferences.

We responded to official consultations on a wide range of topics. These included ones from the Department of Health on whistleblowing and on

Policy

seriously ill people are being inappropriately subjected to that the WCA and argued that it does not effectively measure fitness for work and is producing inappropriate outcomes for clients.

Among our recommendations were fully researched methods of assessment, better staff training and referral routes to specialist assessment for people with psychological, cognitive and intellectual functioning difficulties.

We made submissions to the Commons work and pensions select committee inquiry on fitness to work and to the Black review of the impact on employment outcomes of drug or alcohol addiction and obesity.

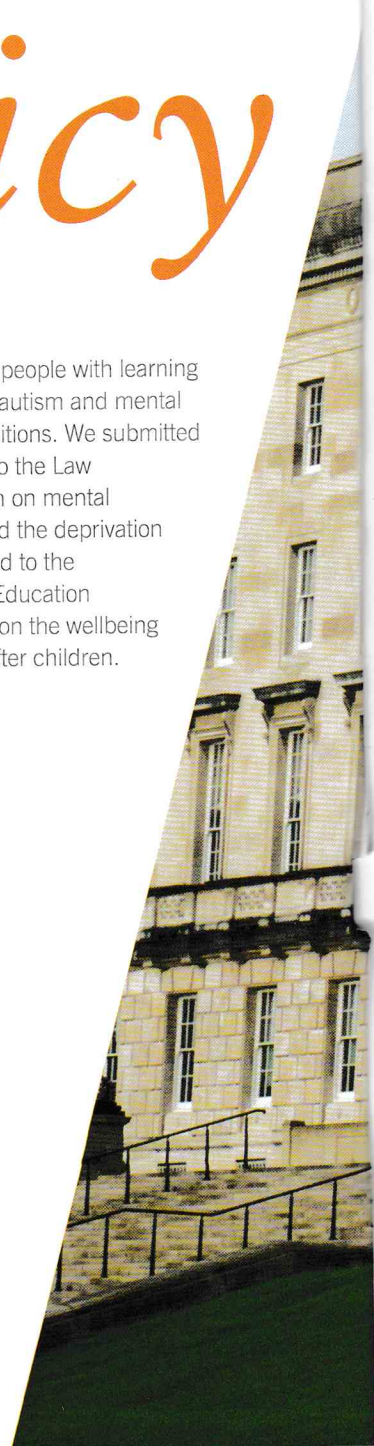
In May we published a position paper arguing that children and young people with neurodisabilities are often failed by the criminal justice system. There is an overemphasis on costly incarceration and secure care facilities, and a lack

drawn from the hospice and palliative care sectors.

Our Education and Public Engagement Board was occupied with changes to the A-level syllabus and the proposed Teaching Excellence Framework, which may see the government monitoring and assessing the quality of teaching in English universities.

The Research Board has been evaluating the impact of the outcomes of the Research Excellence Framework 2014 and conducted a survey of individual researchers. This found a number of concerns in relation to the differential returns of researchers in sub-areas of the discipline. The Board fears this is causing fragmentation of the discipline, which could have severe implications for the future of undergraduate education as well as limiting the development of some areas of research. The Board is working on this with other professional bodies.

services for people with learning disabilities, autism and mental health conditions. We submitted responses to the Law Commission on mental capacity and the deprivation of liberty and to the Commons Education Committee on the wellbeing of looked-after children.





round-up



Memorandum of Understanding

At the Milan EFPA General Assembly in July the British Psychological Society and the Russian Psychological Society agreed a Memorandum of Understanding. It was signed by the Presidents of the two societies: Professor Jamie Hacker Hughes and Professor Yuri Zinchenko.

The Memorandum notes that the societies share many objectives and interests. It then reaffirms their working relations, commits them to conducting regular discussions on matters of common interest and looks forward to their working together on common projects for the betterment

of psychology and the public interest.

Earlier in the year Professor Hacker Hughes took part in a ceremony in the 18th-century Peter's Hall of St Petersburg State University. It saw the signing of a Declaration of Intention to enter into the Memorandum of Understanding in the presence of the UK Consul General Keith Allan and several of the university's professors.

On the day following the ceremony, Professor Hacker Hughes gave a lecture on the British history of military psychology to the university's professorial and teaching staff.

Professor Hacker Hughes said:

'It was valuable to take part in an event that enabled me to meet some of the leading Russian academics and practitioners in the field of rehabilitation for the veterans of recent conflicts. They agreed that we face similar problems in helping these veterans restore their lives and that their solution requires international co-operation. I hope that the Memorandum will pave the way for more such co-operation.'

Above:

The Twelve Collegia building at St Petersburg University.

Careers destination survey

Our Careers Destination Survey is following the 2011 cohort of psychology graduates over the first seven years of their post-university careers. The project is being carried out in conjunction with alumni organisations, university careers services and departments of psychology across the UK.

The report on phase 2 of the survey, which drew on replies from 2927 psychology graduates from 85 universities, was published in 2015. To enable comparisons between cohorts, students graduating in 2007, 2009 and 2011 were also surveyed.

Graduates from the earlier cohorts were more likely to say they used their psychological skills most of the time in their current jobs, though

more recent graduates did find their basic knowledge of psychology useful.

The responses also pointed to the longevity of the skills gained from a psychology degree and their usefulness whether graduates were pursuing a career in psychology or beyond it.

More than 70 per cent of respondents said that business skills such as self-management, problem solving and communication had been well developed by their degree. The majority said these skills were used most of the time in their current job.

Most psychology graduates see significant value in their degree, but perhaps not the extent to which the skills acquired are transferable. Concern was expressed about the lack of practical experience and preparation

for the world of work provided in their degree as well as the difficulty of gaining entry into their career of choice.

The Society now needs to review its support for careers both within and beyond psychology, as well as extend its role in educating careers advisers and course leaders. Courses could be encouraged to incorporate more generic practical employment skills modules into the third year of degree courses to prepare graduates for work.

Phase 3 of the data collection will be launched in 2016 to capture the progress of the 2014, 2013, 2011 and 2009 cohort of psychology graduates. The last phase of the project will be conducted in 2018 to determine the final career destinations of the 2011 cohort.

Psychological testing

There are over 11,500 members of the Register of Qualifications in Test Use (RQTU), and applications for our test-user qualifications remain strong, with a particular increase in the number of educational qualifications awarded.

Society qualifications in test use are intended to represent standards of performance which inform clients, employers and colleagues that the holder has gained the necessary competencies to provide assessment services involving test use.

The Society provides qualifications in test use in a number of different settings and at a number of different levels. Each qualification involves completion of a number of modules and an assessment of competence

by a BPS Verified Assessor.

In January 2015 we launched the BPS Forensic Context testing qualifications. We are going through a two-year grandparenting process for BPS Chartered members.

The Committee on Test Standards is revising the Specialist in Test Use qualification to make it more valuable to holders and more widely available.

It has also started a project to review and update all its guidelines on testing-related subjects. The guidelines are available online and have been accessed by visitors from over 100 countries.

The Psychology Testing Centre quarterly publication, *Assessment*

and Development Matters, was revamped for 2015, with new content and a new design.

Test publishers continue to submit tests for reviews. Over 160 tests have been submitted for registration and review, and all test reviews are available for free to members of the RQTU and Graduate and Chartered members of the BPS.

Psychological Testing Centre:
www.bps.org.uk/testing



Each year the Society and its Boards make awards to psychologists at various stages in their careers. These are the winners for 2015.

The Lifetime Achievement Award for Distinguished Contributions to Psychological Knowledge was made to **Professor Peter Venables** from the University of York for a career spanning the entire development of modern psychology.

Professor Neil Frude, head of the South Wales Doctoral Programme in Clinical Psychology, received the Professional Practice Board Lifetime Achievement Award for 2014. He is known for his research on the family and the effects of physical abuse on children, and as a pioneer of book prescription schemes.

The Psychology Education Board

Lifetime Achievement Award 2014 was won by **Emeritus Professor James Hartley** from Keele University. He developed and used collaborative teaching methods with his students in the 1980s that are still considered innovative today.

Two awards were made by the Professional Practice Board for its Practitioner of the Year Award. The first was to **Dr Hamilton Fairfax** for his development of innovative therapeutic techniques for work with clients who have complex problems. The second was to **Emma Donaldson-Feilder** and **Rachel Lewis** for their research into how best to develop and support managers who will create sustainable employee engagement, health and wellbeing.

Professor Richard Crisp (above) from

Aston Business School won the Presidents' Award for Distinguished Contributions to Psychological Knowledge. He is a social psychologist known for his profoundly interdisciplinary approach.

The Spearman Medal was awarded to **Dr Roi Cohen Kadosh**, whose research investigates the possibilities of using noninvasive brain stimulation to enhance mathematical learning in those with numerical impairments and for cognitive enhancement more generally.

Dr Andreas Jarvstad won the Award for Outstanding Doctoral Research Contributions to Psychology for his work on human decision making and

Society Awards



on the cognitive mechanisms and neural structures that support it.

Two Book Awards were made: In the Popular Science category the winner was *The Optimism Bias: Why We're Wired to Look on the Bright Side* by **Dr Tali Sharot**, and in the Textbook category it was *Psychology, Mental Health and Distress* by **John Cromby**, **Dr David Harper** and **Professor Paula Reavey**.

Dr Guy Holmes received the Award for Distinguished Contributions to

Professional Psychology for his community-based work in NHS mental health services in Shropshire.

The Award for Promoting Equality of Opportunity was made to **Professor Til Wykes** from King's College London – Institute of Psychiatry. She received it for her work with the Database of Cognitive Training and Remediation Studies Development

Team, whose approach to data standardisation and integration is improving training and remediation interventions in schizophrenia.

Dr Vaughan Bell and **Dr Tom Stafford** won the Public Engagement and Media Award for their Mind Hacks blog.

Photo: Aston University

Honorary Life Member

Professor Susan Hallam, who has made an outstanding contribution to the psychology of music and to psychology in education through the three strands of her career – professional musician, music educator and academic – was awarded Honorary Life Membership of the Society at its Annual General Meeting in 2015.

She said after the meeting: 'It is a great honour to have been made an honorary life member of the Society. My studies in psychology at undergraduate, masters and doctoral levels were all undertaken part time alongside my music careers and undertaken because I was fascinated by psychology.'

Professor Hallam played the violin, studied at the Royal Academy of Music, and became principal second violin in the BBC Midland Light Orchestra and deputy leader of Orchestra de Camera.

She continued: 'When I applied for the post of lecturer in the Psychology of Education at the Institute of Education I could barely believe it when I was successful. I was simultaneously thrilled and overwhelmed. At that time I would not have believed that I would become a professor and a Dean of Faculty let alone be awarded an MBE and be made an honorary life member of the BPS.'

Following her doctoral studies Professor Hallam continued to pursue research in the psychology of music, becoming an international expert in the development of expertise.

Her research interests grew to encompass wider educational questions such as learning, ability grouping and disaffection from school. Having joined the Institute of Education, University of London in 1991, she was appointed Professor in 2003. She became Professor Emeritus in 2013 and remains an active teacher and researcher there.



Most recently, her research interests have turned to music in later life. She led a programme that made a significant contribution to demonstrating the social, emotional and cognitive benefits of music-making in older age.

In 2015 Professor Hallam was awarded an MBE in the New Year's honours list for services to music education. She is a member of the Higher Education Academy, an academician of the Academy of Social Sciences and a fellow of the Royal Society of Arts.

She has published extensively, including her books *Instrumental Teaching* (1998), *Music Psychology*

in Education (2006) and the *Oxford Handbook of Music Psychology* (2009). Her paper 'The power of music' provides one of the best summaries of research concerned with the wider benefits of music and has been extensively cited, being one of the most frequently downloaded articles from the *International Journal of Music Education*. She has been editor of *Psychology of Music* and regularly peer reviews for several journals.

Her students find her inspiring to work with and the psychology in education research community has benefited enormously from her wise and dedicated service.

Trustees Annual Report

The Trustees are pleased to present their Report and Accounts of the Society and the trading subsidiary for the year ended 31 December 2015.

General and financial activities

The Consolidated Statement of Financial Activities and the Consolidated Balance Sheet for the year is set out in the following pages.

Review of 2015

Income

Overall income has increased, with strong returns in a number of areas. In difficult trading conditions the Society and Group have performed well, which has meant a positive return to reserves.

Expenditure

Expenditure has been well controlled and is within budgetary expectations. During the year, major refurbishment has been taking place at the Leicester office. The cost has been paid from the discretionary fund set up several years ago.

Structure, governance and management

The Society is governed by a Royal Charter granted in February 1965 that defines our objectives:

'To promote the advancement and diffusion of the knowledge of psychology pure and applied and especially to promote the efficiency and usefulness of members of the Society by setting up a high standard of professional education and knowledge.'

Governance and internal control

Trustees serve a three-year term, reviewing strategy and performance and setting operating plans and budgets. The Presidential team comprises the President, President Elect and Vice President. The same person fills each post for one year in consecutive years.

Charity legislation requires Trustees to prepare annual consolidated financial statements that give an accurate view of the Society's affairs and of the surplus or deficit for that period.

In preparing those statements the Trustees have:

- selected suitable accounting policies and applied them consistently;
- observed the methods and principles of the Charities SORP;
- made prudent and reasonable judgements and estimates;
- stated that applicable accounting standards have been followed, subject to any departures explained in the financial statements; and
- prepared them on a going-concern basis.

The Trustees are responsible for ensuring that the financial statements prepared give a true and fair view of the group's activities and are presented in accordance with the Charities Act 2011 and Accounting & Reporting for Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015).

They are also responsible for safeguarding assets, taking reasonable steps to ensure the prevention and detection of fraud and other irregularities.

In so far as the Trustees are individually aware:

- there is no relevant audit information of which the Society's auditor is unaware; and
- they have taken all reasonable steps to make themselves aware of any relevant audit information and establish that the auditor is aware of that information.

Investment policy and returns

The Trustees have a policy on ethical investment, which they review regularly. The Society's investments were managed during the year by Investec Wealth and Investment.

The Trustees have reviewed our reserves in line with Charity Commission guidance. They have included unrestricted funds, restricted funds and designated funds, and have agreed the following.

Society reserves

Unrestricted funds: The Trustees feel they need to take a prudent view of the future to be able to maintain the viability of the organisation. They have decided a reserves level equivalent to nine months' income is appropriate.

Restricted funds: The Society has a number of restricted funds at its disposal. The Trustees review these regularly.

Designated funds: These funds represent amounts set aside for improvements to the infrastructure of the organisation. The fund is expected to be exhausted by 2016.

Achievements and performance

Below is a summary of some of the events that have taken place during the year relevant to these aims.

- **Membership:** We gained approval from the Science Council to offer the awards of Registered Scientist and Registered Science Technician.
- **Promoting the highest standards in learning and teaching, and professional practice:** The Professional Development Centre organised a range of professional development opportunities, including conferences, workshops and e-learning courses.
- **Providing excellent publications and events:** Our magazine *The Psychologist* held a live event at the Latitude Festival. The Research Digest marked a decade of its blog with a live event and launched the PsychCrunch podcast.
- **Supporting member networks:** We are reviewing our member network structure to ensure it meets members' needs. Those networks continued to provide conferences, professional development opportunities and publications to their members.
- **Psychological testing:** Uptake of BPS qualifications in test use remains strong with over 3500 qualifications issued in 2015. There are currently 11,500 members of the Register of Qualifications in Test Use.
- **Infrastructure:** Investment in the Leicester building continued, with the first full refurbishment since it was built in 1973. This includes rewiring, internal insulation, new offices and furniture, and a meeting room suite.
- **Policy:** We held meetings with the Department for Work and Pensions on the use of psychological therapy in the benefits system and with ministers and parliamentarians across all four UK nations.

Public benefit

The Trustees have reviewed this matter, in conjunction with the Charity Commission's guidance on public benefit, and concluded that:

- the aims of the organisation continue to be charitable;
- the aims and work done give identifiable benefits to the charitable sector and that members of the public are aware of the high standards and education that members achieve;
- the benefits are for the public, are not unreasonably restricted in any way and certainly not by ability to pay;
- there is no detriment or harm arising from the aims or activities;
- the public is made aware of developments in the profession and the science that affect their daily lives;
- membership fees are modest and that there is a grade of membership that is open to the public who share an interest in the profession; and
- the courses and the website are available to all and not just members.

Risk assessment

A small committee of Trustees meets to discharge these responsibilities.

Employee involvement and employment

Society employees are consulted on issues of concern to them. The Society negotiates with the trade union Unite on terms and conditions of employment.

Auditors

RSM Audit Limited are responsible for the audit of the Society. Their help and advice during the year is appreciated by the Trustees, Chief Executive and Director of Finance.

Professor Ray Miller
Honorary Treasurer

4 March 2016

Abridged financial information

Consolidated statement of financial activities for year ended 31 December 2015.

	2015 Unrestricted funds	2015 Designated funds	2015 Restricted funds	2015 Total	2014 Total
Income	£000	£000	£000	£000	£000
Income from charitable activities					
Subscriptions	6,327	–	–	6,327	6,332
Registers and directories	680	–	–	680	690
Conferences and events	1,130	–	–	1,130	1,214
Journals and book publishing	1,804	–	–	1,804	1,912
Other income	2,053	–	–	2,053	1,809
Income from other trading activities					
Trading operations	428	–	–	428	433
Investment income	325	–	–	325	400
Total income	12,747	–	–	12,747	12,790
Expenditure					
Expenditure on charitable activities					
Advancement of psychology	1,944	–	4	1,948	1,854
Application of psychology	2,078	–	–	2,078	1,949
Conferences and events	1,290	–	–	1,290	1,262
Co-operation with others	233	–	–	233	230
Diffusion of knowledge	1,905	–	–	1,905	1,853
Examinations and training	1,256	–	–	1,256	1,147
Membership and conduct	2,042	–	–	2,042	2,010
Science and policy	700	–	–	700	688
Costs of raising funds					
Trading costs	329	–	–	329	321
Investment management fees	48	–	–	48	41
Total expenditure	11,825	–	4	11,829	11,355
Net (loss) / gains on investments	(41)	–	–	(41)	31
Net income / expenditure	881	–	(4)	877	1,466
Transfer between funds	350	(350)	–	–	–
Net movement in funds	1,231	(350)	(4)	877	1,466
Reconciliation of funds					
Total funds brought forward	19,754	700	62	20,516	19,050
Total funds carried forward	20,985	350	58	21,393	20,516

Consolidated Balance Sheet at 31 December 2015

	2015	2014
	£000	£000
Fixed assets		
Tangible assets	8,501	8,316
Investments	10,761	10,591
	19,262	18,907
Current assets		
Debtors	1,448	1,668
Cash at bank and in hand	2,520	2,863
	3,968	4,531
Creditors: Amounts falling due within one year	(1,837)	(2,922)
Net current assets	2,131	1,609
Total net assets	21,393	20,516
Funds of the charity		
Restricted income funds	58	62
General funds	16,822	15,591
Designated funds	350	700
Revaluation reserve	4,163	4,163
Total unrestricted funds	21,335	20,454
Total charity funds	21,393	20,516

The summary financial information is not the statutory accounts but it has been extracted from the Society's audited financial statements for the year ended 31 December 2015 on which an unqualified audit opinion was given. The financial statements were approved by the Board of Trustees on 4 March 2016 and have been sent to the Charity Commissioners. These summarised financial statements may not contain sufficient information to allow for a full understanding of the financial affairs of the British Psychological Society. Copies of the full financial statements may be obtained from the Society's Leicester office, St Andrews House, 48 Princess Road East, Leicester LE1 7DR.

Dr Carole Allan
Honorary General Secretary

Professor Ray Miller
Honorary Treasurer

Meet in Leicester

The new meeting rooms at the Society's office in Leicester will open in May 2016.

This self-contained facility will offer fresh modern rooms with their own reception area. There will be internet access, an office for members so they can keep in touch with their paid employment while in Leicester, and a rest room.

Our intention is to have facilities in Leicester that are the equal of those we provide in London.

Not only will this provide a Midlands venue for meetings that some committees will find more convenient, it will also encourage members to visit our main office.

This will enable them to meet members of staff they normally deal

with by email or telephone and perhaps give them a better idea of the range of work that is carried out in Leicester.

If you are interested in holding a meeting in Leicester, please contact the Facilities team.

t: +44 (0)116 252 9924

e: simon.maguire@uk.issworld.com



For further information on the work of the Society and to download a copy of our annual report, please visit our website or contact us at:

t: +44 (0)116 254 9568

e: enquiries@bps.org.uk

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